

AUGUST 2016

# Senior *Living*

Kingsport Senior Center

*Special Events/Senior Expo*

*Page 4/5*

*Special Trips/Travel*

*Page 4/5*

*Wellness Classes*

*Page 6*

*Branch Site Classes*

*Page 8/9*

*Daily Class Schedule*

*Page 10/11*



## Staff:

Director- Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator- Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator- Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader- Amber Quillen  
amberquillen@kingsporttn.gov  
392-8402

Program Leader- Lori Calhoun  
oricalhoun@kingsporttn.gov  
392-8405

Program Assistant- Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant- Megan Morrow  
meganmorrow@kingsporttn.gov  
343-9713

Branch Assistant- Hannah Baker  
hannahbaker@kingsporttn.gov  
765-9047

Secretary- LeAnna Hickman  
leannahickman@kingsporttn.gov  
392-8400 Fax: 224-2488

Nutrition Site Manager- Sutonia Sizemore  
246-8060

Front Office  
392-8400 | Fax: 224-2488

## Policies:

**Refund Policy:** The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

## Please Notice Our New Membership Rates as of July 1, 2016:

For Fiscal year:

July 1, 2016-June 30, 2017

\$25.00- Kingsport City Residents

\$45.00- Sullivan County Residents

\$70.00- Out of County Residents

\*If you have Silver Sneakers through your insurance company your membership is free.

# Mission:

*The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.*

**About the Kingsport Senior Center:** The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.



## Location and Hours of Operation:

### Main Site – Renaissance Building:

1200 E. Center Street Kingsport, TN 37660

Hours of Operation:

Monday-Friday: 8:00A.M. to 7:00P.M.; Saturday: 9:00A.M.-12:00Noon.

***www.kptseniors.net***

## Branch Sites:

### Lynn View:

423-765-9047- 257 Walker Street Kingsport, TN 37665

Hours of Operation: Monday-Friday 9:00A.M. to 2:00P.M.

### V.O. Dobyns:

301 Lois Street Kingsport, TN 37664

### Colonial Heights Baptist Church:

108 Colonial Heights Rd Kingsport, TN 37663

### First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

### Bloomingdale Baptist Church:

3220 Bloomingdale Rd Kingsport TN, 37660

### Forest Ridge Manor:

1252 Bloomingdale Pike Kingsport, TN 37660

### George Washington School Apartments:

205 E. Sevier Ave Kingsport, TN 37660

### Friendship Manor Apartments:

108 Wampler Street #39, Kingsport, TN 37665

### Maple Oak Apartments

818 Oak Street Kingsport, TN 37660

## Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

Lester Pridaemore

Carol Woodard

Pat Breeding

Jean Chang

Carmen Moix

Frances Cottrell

Mary Porter

Sherri Mosley

## Keeping the Comforts of Home™



**Call Us Today**  
**(423) 246-0100**

**ComfortKeepers.com**

## In-Home Senior Care

- Companion Care • Personal Care
- Light Housekeeping • Transportation



**Comfort  
Keepers®**

a *sodexo* brand



# Special Events

*The Nina Ketron Plus 2 Band will lead Jam Session on the 2nd and 3rd Thursday in August and September. Jam Session starts at 12:30P.M. in the Cafeteria. All musicians and singers are welcome.*

**"Adult Coloring Therapy For Seniors"** will be held every first Monday of the month at 11:00A.M. in the Card Room, the next class will be **Monday, August 1, 2016**. In this class, Kim Howell with Visiting Angels will lead a group discussion on the benefits of Adult Coloring. You will also create projects in this class. The benefits of Adult Coloring for seniors are: **1. Improves Mood 2. Relieves Stress 3. Reduces Agitation 4. Promotes Socialization and Reminiscing 5. Provides an Outlet for Self-Expression 6. Helps to Maintain Motor Function 7. Improves Dexterity (Grip Control)**. Join us on Monday, August 1 to see how Adult Coloring can help you. Please bring your Adult Coloring book and colored pencils if you have them. Contact the front office to sign up.

**Between The Covers Book Club** will meet every first Tuesday of the month at 10:00A.M. in the Card Room. The book we are reading in August is called "Ashes to Ashes" by Tami Hoag. Meet "the Cremator" latest serial killer...he adds insult to injury by after murdering he sets his victims on fire, time for Kate Confam and crack homicide John Quinn to take the case.

Our **Flower Arranging** class will meet on **Thursday, August 11, 2016** at 10:30A.M. in the Multipurpose Room. The cost for this class is \$10.00 and is paid to Instructor Susan Valentine the

day of class. In this class you will learn how to make a beautiful centerpiece for your home and will be able to take it home that day. You will be working with artificial flowers this month and you will learn how to make a bow. Please bring a pair of scissors to work with the flower stems, your own container, and the flowers you would like for your home. Susan will supply dry foam, floral adhesive, and one hot glue gun for the class to use. You may sign up for this class now.

Have you ever wanted to learn how to paint like Bob Ross? Jay Holdway will be teaching **Bob Ross Style Painting** on **Wednesday, August 18, 2016** from 10:00A.M. to 2:00P.M. in room 302. You can see a sample painting located in the display case billiards room side. The cost is \$50.00 paid to instructor the day of class. The cost for the class covers your supplies. Please bring your lunch.

The **"Melting Pot"** cooking class will be held on **Monday, August 22, 2016** at 11:00A.M. In this class you will learn how to make a variety of foods from different areas of the world such as; Chinese, Hispanic, Italian, French, Japanese, German, and even good ole Southern cooking. Each Monday you will learn a different style of cooking. You will also be given recipes to take home in class. This class will be \$5.00 paid at sign up. You may sign up for this class on August 3, 2016.

We will have **Movie Day** on **Wednesday, August 24, 2016** at 1:00P.M. in the Theater. We will watch "The Proposal" featuring

Ryan Reynolds, Sandra Bullock, and Betty White. Faced with deportation to her native Canada, high-powered book editor Margaret Tate (Sandra Bullock) says she's engaged to marry Andrew Paxton (Ryan Reynolds), her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must stick to their wedding plan despite numerous mishaps. You will not want to miss this laugh- out- loud romantic comedy.

Anne Thwaites will teach **Beginning Drawing** on **Friday, August 26, 2016** from 1:00P.M. to 4:00P.M. in room 303. The cost is \$20.00 paid to instructor the day of class. If you are interested in learning how to draw then this class is for you. You will pick up a supply list in the front office when you sign up.

**Frolic Into Fall Festival** will be held on **Friday, September 23, 2016** from 5:30P.M. to 7:30P.M. in the front parking lot. We will serve BBQ with sides and drinks. We will also have yard games and entertainment by the Night Moves. Note: Please bring a cake to participate in the Cake Walk and please bring your lawn chair for seating. This event is taking the place of our annual Block Party so you do not want to miss this! We will have vendors and door prizes will be given away. Please sign up by September 16 so we know how much food to prepare.



**Join the Kingsport Senior Center at the**  
**Tuesday, August 9th 9AM - 5PM**  
**Kingsport Civic Auditorium 1550 Fort Henry Dr., Kingsport**

**FREE ADMISSION, FREE SHUTTLES FROM THE SENIOR CENTER, AND FUN ALL DAY!!**

## Senior Center Activities\* that day include:

### Tournaments:

Cornhole - 10 am - 1pm  
 Table Tennis - 1 pm - 4 pm

### Stage Attractions:

10:00 Tai Chi Demonstration  
 11:30 Pound Fit and Total Body Demo  
 1:15 Yoga Demo  
 2:00 Nine Ketron Band  
 3:00 Line Dancing

## Senior Center Table Demos, Displays, and Table Talks:

Nutrition - UT Extension Display  
 and Demos (all day)  
 Quilting Class Display and  
 Sewing Demos (all day)  
 Artisan Center Display and  
 Crochet Demo (all day)  
 Flower Arrangement Class Demo  
 and Sale (9 am)  
 Clay Demos with Clay instructor  
 (all day)

Lathe Demo (all day)  
 Woodcarving Demos (all day)  
 Basket Weaving Demos (all day)

Plus Vendor Booths, Door Prize  
 Drawings, and more!  
 Don't Miss the Fun!

\*Subject to change





# Trips & Extended Travel

## Kingsport Senior Center Presents A Fabulous New York City Trip

*With a skyline that's recognizable worldwide and more than 8.3 million people from all corners of the globe who call it home, New York City is one-of-a-kind destination.*

**October 30, 2016 - November 4, 2016**

**6 Days and 5 nights Package Includes: 5 Nights Hotel Accommodations  
5 Breakfasts at your Hotel • Two Wonderful Dinners in New York City  
2 Wonderful Lunches including:**

**1 lunch at the Famous Culinary Institute of America**

**\$1,124 per person (price is based upon Double Occupancy)**

**Deposit of \$150.00 per person due at signup and is non-refundable due to show tickets purchased, final payment is September 1, 2016. Sign up starts May 2nd.**

**Trip Insurance/Travel pricing is \$119.00 per person (based upon double occupancy).**

**Check to be made payable to PML Travel & Tours.**

### **Guided Touring of New York City**

– To include the following sights (as time permits): South Street Seaport, Chinatown, Greenwich Village, Little Italy, Soho, St. Patrick's Cathedral, Rockefeller Center, Time's Square, The Theater District, Central Park, Lincoln Center, Wall Street, Harlem Drive, Radio City Music Hall, Ground Zero, St. John Divine and much more!

**A Fabulous Broadway Show** – Broadway has a rich tradition in every aspect of

theater from comical to the dramatic, leaving an indelible mark on the history of theater.

### **Guided Tour and Lunch at Historic West Point Military Academy**

Learn the story of West Point, its role in the Revolution, its famous history, along with stories about graduates who shaped our nation. Learn of the cadet experience and West Point's continuing role in training the leaders of tomorrow. This tour goes around the post with stops at the Main Cadet Chapel

and Trophy Point overlooking the Hudson River and the Plain.

**Visit to Sleepy Hollow** – "Where the Legend Lives" – See major landmarks from the story and the route of Ichabod Crane's flights from the horseman. The location of the Van Tassel homestead, the spot where British spy Joh Andre' was captured, the millpond at Phillipsburg Manor, the Old Dutch Church, Raven Rock, and the secluded valley Washington Irving called Sleepy Hollow.



### **Explore Hyde Park and the Vanderbilt Mansion**

– Historically known as Hyde Park, Vanderbilt Mansion National Historic Site is one of the region's oldest Hudson River estates. It is a remarkably complete example of a gilded-age country place, illustrating the political, economic, social, cultural, and demographic changes that occurred as America industrialized in the years after the Civil War.

### **Visit the National 9/11 Memorial Shopping in New York City**

## Kingsport Senior Center Presents Alaskan Cruise and Land Tour Aboard Celebrity's "Millennium"

**11 days and 10 nights – August 18, 2017 to August 28, 2017**

**\$4,125.00 per person Inside Cabin** (price is based upon Double Occupancy)

**\$4,325.00 per person Outside Cabin** (price is based upon Double Occupancy)

**\$5,125.00 per person Balcony Cabin** (price is based upon Double Occupancy)

**Deposit of \$250.00 per person due at signup, \$500.00 per person is due by October 3, 2016 and final payment due by March 17, 2017  
Must have a passport for this trip! Sign up starts May 2nd.**

**Trip Insurance pricing = TBA**

**8/18/17 (FRI):** Arrive in Vancouver, British Columbia. Board your ship the Celebrity Millennium and Depart on your Alaska Cruise!

**8/19/17 (SAT):** Inside Passage Cruising – This famously beautiful passage features virtually everything you came to Alaska hoping to see, including rain forests, glaciers, fjords, white-capped peaks and wildlife.

**8/20/17 (SUN):** Ketchikan, Alaska – In addition to being the jumping – off point for seaplane excursions into the Misty Fjords National Monument and its 2.2 million acres of wilderness nirvana, Ketchikan is also the ancestral home of the Tlingit tribe and has the world's largest collection of totem poles.

**8/21/17 (MON):** Icy Strait Point Alaska – At the mouth of Glacier Bay, lays historic Icy Strait

Point, where travelers have the unique opportunity to experience Tlingit culture, superior wildlife viewing opportunities and years of Alaskan history.

**8/22/17 (TUE):** Juneau, Alaska – Here the pioneering spirit lives on in an interesting mix of cosmopolitan chic and frontier ruggedness.

**8/23/17 (WED):** Skagway, Alaska – If any place on earth can summon up the thrill of prospecting, it's Skagway. By embracing its gold-rush past, Skagway has managed to preserve a frontier spirit complete with saloons and dance-hall revues.

**8/24/17 (THURS):** Hubbard Glacier (cruising) – The Hubbard Glacier is North America's largest tidewater glacier and is unique in that it is currently advancing, while most Alaskan glaciers are retreating.

**8/25/17 (FRI):** Seward, Alaska – Upon arrival in Seward greet your Tour Director at the pier, then board your deluxe motor coach and travel to Denali where you will spend the night.

**8/26/17 (SAT):** Denali, Alaska – In the morning, enter Denali National Park for a Denali Natural History Tour. Travel a scenic route to the Savage River. Along the way, learn about the natural and cultural history of the Denali region. Discover the beauty of taiga forests and gaze over miles of rolling tundra, all while searching for spectacular wildlife. This afternoon, board the Wilderness Express, Celebrity's glass-domed train-cars that provide a spectacular 360 degree view, for a scenic ride to historic Fairbanks. Check into your Fairbanks hotel where you'll stay for the next two nights.

**8/27/17 (SUN):** Fairbanks, Alaska – After breakfast, you'll enjoy a fun-filled day in Fairbanks, including a tour of the Gold Dredge 8 where you can learn to pan for gold! Your afternoon is free to explore on your own or choose an optional excursion such as a visit to the Museum of the North or a ride on the Riverboat Discovery. Spend a second night in historic Fairbanks.

**8/28/17 (MON):** Fairbanks, Alaska – Depart for home with memories of a truly wonderful vacation!



# Day Trips



**Friday, August 5, 2016**- The Center will take a trip to the Bristol Motor Speedway for a tour and we will stop for Lunch at Cootie Brown's. We will depart the Center at 8:30A.M. and will return around 2:30P.M. You will get a tour of the Bristol Motor Speedway, the Suites, and will be able to see the Colossus, which is the World's largest outdoor, center-hung, four sided video screen. The screen weighs approximately 700 tons and is suspended by cables and measures 68 feet wide by 30 feet high. This will be the last opportunity to take a tour of BMS before the September 10th football game between the University of Tennessee and Virginia Tech. The cost for the trip is \$12.00, which includes the tour and transportation. Please bring money for lunch. You may sign up for this trip now.

**Friday, August 12, 2016**- The Center will take an Out To Lunch Bunch trip to the White Barrel Winery in Christiansburg, VA for a tour and lunch. You will depart the Center at 8:30A.M. and you will return around 4:00P.M. The cost is \$30.00, which includes your tour, lunch, and transportation. Wine samples can be purchased separately. The White Barrel Winery opened in 2011 and has become a place to relax and enjoy distinctive wines. There are now over 11,000 vines on the property and many thousand raspberry and blackberry plants. You may sign up for this trip now.

**Friday, September 9, 2016**- The Center will be headed to Knoxville to board the Tennessee Riverboat Company's Cruise line to enjoy lunch as we cruise down the Historic Tennessee River. We will depart from the Center at 9:00A.M. and return around 4:30P.M. The cost is \$37.00 due at sign up, which includes your lunch, transportation and Riverboat ticket. The Tennessee River is one the most beautiful rivers you will ever cruise. While cruising, you will enjoy one of the most breathtaking views in Knoxville. Not only will you see some of the history of the river, you will most certainly be relaxed by the river's beauty. You may sign up for this trip now.

**Wednesday, September 14, 2016**- The Center will head to Barter Theater to watch "A Perfect Murder". We will eat lunch at Pop Ellis Soda Shoppe & Grill before the show. You will depart the Center at 10:30A.M. and will return around 6:00P.M. The cost is \$30.00, which includes your ticket and transportation. Please bring money for lunch the day of the trip. "It's a night for everyone, with horror, intrigue, mystery and yet plenty of comedy." Have you ever wondered how you commit the perfect murder? Victor Smiley and his wife Joan have been married for a long time. But their marriage has reached a crisis point, and Victor has decided there is only one way to get Joan out of his life forever...but he's about to get a nasty surprise. As a young detective Roy Grace investigates his very first homicide case, strange forces intervene and....you'll be on the edge of your seat. You may sign up for this trip now.

**Thursday, September 22, 2016**- We will take a trip to Barter Theater to see "Something Wicked This Way Comes". We will eat lunch at Heartwood Restaurant before the

show. We will depart the Center at 10:30A.M. and will return around 6:00P.M. The cost is \$30.00 which includes your ticket and transportation. Please bring money the day of the trip for lunch. One strange and wild Autumn, Halloween came early. It came at exactly the time as Cooger and Dark's Pandemonium Shadow show rolled into town...that year James Nightshade of 97 Oak Street was 13 years, 11 months, and 23 days old. Next door, William Holloway was 13 years, 11 months, and 24 days old. For Jim and Will, the lure of the carnival is irresistible. They soon discover that a sinister secret lies behind the smoke and mirrors; the carnival holds a dark desire to destroy the day. Adapting his own novel for the stage, the legendary Ray Bradbury has created a spine-tingling battle between good and evil. It is packed with a terrifying collection of characters, including the mysterious flying Dust Witch and the deadly Mr. Dark. A fantastic book, and now a new show for everyone from nine and up. "Something Wicked This Way Comes" is a deliciously, scary adventure about friendship, innocence and perfectly captures the wondrous belief we possess when we are 14 years old. You may sign up for this trip now.

**Friday, October 7, 2016**- We will take a trip to Fairview, NC to the Fall Festival and Farm Tour at Hickory Nut Gap Farm. You will depart the center at 8:00A.M. and will return around 4:00P.M. The cost is \$13.00, which includes your transportation and admission into the farm. Admission includes a 1.5-hour tour of the farm and history of the farm animals. A corn maze, petting zoo, cider press, and pumpkin patch are included. If members want to do the hayride they will need to bring \$3.00 each per person and pay on their own at the farm. Lunch will be on your own and can be purchased at the farm (bbq, burgers, etc. available) and picnic tables are available to have a picnic lunch on the property. The Hickory Nut Gap Farm is a serene 90 acres nestled in Fairview, NC. The land itself has been farmed since 1916 and has beef cattle, pigs, poultry, and apples. The farm is a gathering place for neighbors, visitors, and families to spend time picking berries, frolic in the creek, and get a firsthand view of local food system and the animals that are raised. You may sign up for this trip now.

**Thursday, October 13, 2016**- We will take an OTLB trip to The Mast Farm Inn & a stop at the original Mast General Store & The Mast General Annex Store in Banner Elk, NC. We will depart the Center at 9:00A.M. and will return around 5:30P.M. The cost is \$35.00, which includes your transportation and lunch. Enjoy the beautiful fall colors at their peak on the ride to The Mast Farm Inn, which is an award-winning historic country inn in Valle Crucis Historical District with fine dining. It is a Historical hotel of America, a select Registry Inn, and is on the National Register of Historic Places. After lunch members will be able to see the small community of Valle Crucis, which is North Carolina's first rural historic district. This community is where you will find the Original Mast General Store and Mast Store Annex, and members will be able to stop at both stores. Still the center of community, the Original Mass General Store houses the Post Office and offers up a 5-cent cup of coffee. This store was opened in 1183, and you will find country gourmet food, cast iron cookware, old-fashioned toys, footwear & hardware in this store while walking around on the creaking floorboards. The Mast Store Annex, opened in 1909 has an eclectic collection of clothing, outdoor gear and a collection of candy that would make any dentist happy. You may sign up for this trip now.

 **Smoky Mountain**  
Home Health & Hospice

*Life Is Stresseful -  
Let US Be  
The Easiest Part of  
Your Day*

*\* Specialized Medical Care In Your Home or place of Residence \**

*\*Services Covered Under Medicare and Most Insurances*

*\*Call our Kingsport office today\* 800-516-6371*

*\*\*Free In-Home Consults\*\**

# Wellness

## WELLNESS SEMINARS

**HOW DO I TAKE MY MEDICINE:** Carrie Stewart, PharmD with Walmart Neighborhood Market will be at the Center on Tuesday, August 9, 2016 at 12:30 pm in the Card Room. Topic of discussion will be “How Do I Take My Medicine?”: This seminar will discuss a brief explanation of common medications and how they should be taken. This seminar is an educational event and you will not want to miss it, so mark your calendar and plan to attend!

**OSTEOARTHRITIS:** Dr. Andrew Kubinshi with ETSU Family Physicians of Kingsport will be at the Center on Tuesday, August 16, 2016 at 10:30 am in the Card Room. Topic of discussion will be “Osteoarthritis”: This seminar will discuss common locations of Osteoarthritis and conservative treatments and may describe surgical treatments. This is an event you will not want to miss, so mark your calendar and plan to attend!

**DIABETES: IT’S COMPLICATED:** Ashley Bates, PharmD, will be at the Center on Tuesday, August 23, 2016 at 10:30 am in the Card Room. Topic of discussion will be “Diabetes: It’s Complicated”: Did you know that living with poorly controlled diabetes can affect your entire body? With complications that range from slightly annoying to life-threatening, diabetes can attack from head to toe. Learn how to reduce your risk for developing these complications by attending this great seminar. Be sure to mark your calendar and plan to attend!

## LUNCH & LEARN: WHAT IS “SUSPICIOUS ACTIVITY?”

Jerry Stout, Special Agent, Tennessee Department of Safety and Homeland Security will be at the Center on Thursday, August 4, 2016 at 11:00 am in Room 310. Topic of discussion will be What is “Suspicious Activity?”: Every citizen being alert and reporting suspicious activity is the best way to protect our communities from terrorism and other criminal activity. In July 2010, the United States Department of Homeland Security launched a national “If You See Something, Say Something” campaign to raise awareness and to highlight the importance of reporting suspicious activity. This presentation is designed to aid in identifying suspicious activity based on behavior and individual situations; as well as to discuss to whom to report suspicious activity, and what mechanisms are in place to do so. Lunch is sponsored by Kim Howell, Marketing Liaison with Visiting Angels Living Assistance Services and will be served after the presentation. Sign-up in the Office, there is a limit of 75 seats available.

## BBQ AT THE BALLPARK KINGSPORT METS VS PRINCETON RAYS

We will depart the Center Wednesday, August 24, 2016 at 5:15 pm for a Kingsport Mets vs Princeton Rays at Hunter Wright Stadium. Cost is \$8.00 for transportation due at sign up. Game Ticket / Triple Menu all you can eat is \$16.00 per person due day of trip: (Menu - Hot Dogs, Hamburgers, BBQ Pork/Sauce, Cole Slaw, Baked Beans, & Bottled Soda/Water), also we will have private use of the Right Field Party Pavilion, located down the right field line, the Party Pavilion offers a unique party area with picnic table seating and space to mingle with your friends. Plus a great view of the entire stadium! Stop by the Office and sign up, we need a minimum of 25 to sign up for the trip to go.

## TOURNAMENTS

**Corn Hole Toss Tournament:** Come join us for a corn hole toss tournament on Tuesday, August 9, 2016 at 10:00 am. The tournament will be at the Senior Living Expo at the Kingsport Civic Auditorium. This tournament will be doubles playing the best of three games, with double elimination. Cost is free for the tournament. Prizes will be awarded to 1st, 2nd, 3rd, & 4th place. Sign up in the Office, be sure to have a partner.



**Table Tennis Tournament:** The Kingsport Senior will be hosting a Table Tennis Tournament on Tuesday, August 9, 2016 at 1:00 pm. The tournament will be at the Senior Living Expo at the Kingsport Civic Auditorium. This tournament will be doubles playing the best of three games, with double elimination. Cost is free. Prizes will be awarded to 1st, 2nd, and 3rd place. Sign up in the Office, be sure to have a partner.

## WOODSHOP LATHE TURNING SPECIAL PROJECT CLASS

Gary Albertson and Paul Diers, will be teaching a Woodshop Lathe Turning Special Projects Class on Thursdays and Fridays for 3 weeks from 2:30 pm to 5:30 pm September 29, 2016 - October 14, 2016 in the Woodshop. You will make a Rolling Pin, Platter, and Turn-A-Bowl made with Hickory, Maple, Oak, or Walnut wood. Cost is \$125.00, which covers all your materials; with half due on the first day of class paid to the instructor and the final payment is due on the last day. Sign-ups start on Wednesday, August 10, 2016. Class is limited to 4 people.

## BASIC WOODWORKING CLASS

Gary Albertson and Johnny Clark, will be teaching a Basic Woodworking Class for 5 weeks on Thursday and Friday from 8:30 am to 12:00 pm starting October 20, 2016 – November 18, 2016 in the Woodshop. Cost is \$75.00, which covers all your materials; with half due on first day of class paid to the instructor and the final payment is due on the last day. This class will cover all the safety requirements to work in the Woodshop and teach you how to use all the equipment the correct way. You will make a Butcher Block, Small Step Stool, and a Picture Frame. Sign-ups start on Wednesday, August 17, 2016. Class is limited to 8 people with a minimum of 4 to sign up for class to be held.

## WOODSHOP HOURS & SAFETY CLASS

Woodshop hours of operation is Monday, Tuesday, and Wednesday from 8:00 am to 2:00 pm. Woodshop safety class is held every 1st Monday of the month in the Woodshop from 9:00 am to 11:30 am, the Woodshop will open at 12:00 noon on the day of safety class. The Woodshop safety class is mandatory if you want to use the equipment, sign up in the office to take the safety class. If you have any questions see Kevin.



# Branch Sites *Classes*

## Lynn View Community Center

**Silver Sneakers Classic** is at Lynn View Community Center in the cafeteria on Mondays, Wednesdays and Fridays at 10:00am. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Core conditioning** is at Lynn View in the cafeteria on Mondays, Wednesdays and Fridays at 9:00am. This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, or dumbbells, or a combination of these gadgets. You perform traditional weight-training moves in a class setting.

**Art Class** meets at Lynn view on Tuesdays, in the cafeteria from 10:00am – Noon. The Art class will do a review of basic drawing techniques such as gesture drawing, contour drawing, thumb nail sketches, positive and negative spaces, etc. and then work on one major picture (watercolor or acrylic) that will be preceded by sketching, drawing, a value study, and color studies. No sign up required and all skill levels are welcome. For more information, please call Lynn View Community Center at 765-9047.

**Corn hole** boards are available in the senior center office at Lynn view to play Monday - Friday from 9:00 am – 2:00pm. Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

**Blood Pressure checks** are available at Lynn view on the following days, Monday, August 8 from 1:00 – 2:00pm, Wednesday, August 10 from 9:00am – Noon, provided by Carrie Stewart, Pharm D, Walmart Neighborhood Market Pharmacy and the second Tuesday of the month from 10:00am – Noon provided by volunteer Peg Dailey.

**Fun in the summertime and music by Cameron Sutphin** at Lynn View Community Center on Monday, August 8 in the cafeteria from 12:30 -1:30pm. Come and enjoy seeing friends, eating refreshments and live music! Please call Lynn view community center 765-9047 and sign up by August 2.

**Biscuits and Bingo** will be held at Lynn view in the cafeteria on Thursday, August 11 at 10:30am. Biscuits and bingo prizes are sponsored by Bright Star. Come out and enjoy a biscuit and a fun game of bingo! Please call 765-9047 to sign up, limited to 50 participants.

**Cooking for 1 or 2 class** will be held at Lynn view community center on August 15 at 12:30pm in the lounge.

Copies of the recipe will be given; demonstration of recipe and you will be able to try the food so come hungry! Food City Chef and as seen on Daytime TriCities, Joseph McCray, will facilitate the program. This class will give you tips on cooking techniques for 1 person or 2. Please call Lynn view at 765-9047 to sign up by August 10.

Join us at Lynn view community center for **An Afternoon of Karaoke** on Tuesday, August 16 from 12:30 – 1:30pm in the cafeteria. Don't miss your opportunity to sing and enjoy some refreshments. Please call Lynn view community center 765-9047 and sign up by August 12.

**A Butterbean Auction** will be held at Lynn View Community Center on Wednesday, August 24 at 12:30pm in the cafeteria. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor. Please call Lynn View Community Center at 765-9047 and sign up by August 19.

**Home Repairs 101**, Tuesday, August 30 from 12:30 -2:00pm at Lynn View community center. Instructor: Doug Clark. This class will show how to complete basic home repairs yourself. Please call Lynn view community center 765-9047 and be signed up by August 23.

**An Ice Cream Social** will be held at Lynn View Community Center on Wednesday, August 31 at 12:30pm in the cafeteria. Enjoy ice cream sponsored by United Healthcare. Please call Lynn View Community Center at 765-9047 and sign up by August 26.

**Beginning Crochet** class will meet on Fridays, September 9 – October 14 at Lynn view in the lounge from 11:00 – Noon, in these beginner classes, you will use basic stitches and learn how to make a scarf. Cost: \$20.00 paid to instructor. Please call Lynn view community center at 756-9047 and sign up by September 2.

**Intermediate Crochet** class will meet on Fridays, September 9 – October 14 at Lynn view in the lounge from 9:30 – 10:30am, during these classes, participants will make a project of their choosing, please pick project/pattern you would like to do so instructor has time to review them. Cost: \$ 20.00 paid to instructor. Please call Lynn view and be signed up by August 5.

**Pickleball** is played in the gym at Lynn view. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle.

**Personal Training** with Chris Hicks available by the hour or as a package. Call to schedule (423) 723-9967.

**37th Annual Christmas Connection Senior Center Room**



sign up day is Thursday, September 1st; Cost is \$20.00, payable at sign up. We have 11 tables available, first come first serve. Please note, one table per person day of sign up. Dates of this annual craft fair are November 11 – 13, 2016.

## Bloomington Baptist Church:

Silver Sneakers Yoga is on Tuesdays and Thursdays at Bloomington Baptist church in the gym at 10:00am. **\*Class starts back on Tuesday, August 9th\***

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Indoor Walking** is available Monday - Friday from 9:00 am – Noon, please sign your name for attendance in the notebook provided.

## Adult Education Classes

**Introduction to the Internet for Beginners** classes will be at the Senior Center in the computer lab on Thursdays, beginning August 11 – September 1 from 1:00 – 3:00pm. Cost is \$25.00 for members, \$35 for non-members. This course covers things you will need to know to make your surfing the Internet a much better experience. We will cover things such as bookmarks, PDF files, and the World Wide Web. In addition, we will discuss commonly used terms. This course is mostly a hands-on course. So, bring your keyboards and let's go surfing!! (Computers and keyboards will be provided). Please call the Senior Center office and sign up by August 5.

**Yoga for True Beginners** workshop will be held at the Senior Center on Saturday, August 13 in Room 310 from 10:00 – 11:00am, Cost: \$5.00 members, \$7.00 non –members, paid to instructor. You are invited to let go of those reasons you might have made for not trying out a yoga class and join us for a workshop just for beginners. In this workshop we will explore some of the foundational yoga poses and breathing practices. We will learn about these individual poses and how to get in and out of them safely. This class is created for true beginners but anyone is welcome. Please bring a yoga mat and a small blanket or towel. Please call the Senior Center office and sign up by August 8.



# Wexford House

A Member of Wellmont Health System

## Proud To Be 5 Stars

★★★★★ Services provided at Wexford House ★★★★★

- |   |  |
|---|--|
| • Private rooms                         | • Social activities                      |
| • Semi private rooms                    | • Holiday events                         |
| • Semi private vent rooms               | • Pet therapy                            |
| • Multiple outdoor courtyards           | • Exercise classes                       |
| • Multiple dining areas                 | • IV access care and therapy/antibiotics |
| • Cable television                      | • Sleep apnea management                 |
| • Telephone                             | • Oxygen                                 |
| • Transportation                        | • Nebulizer treatment                    |
| • Internet service                      | • Immunizations                          |
| • Foley catheter care                   | • Pain management                        |
| • Enteral nutritional and tube feeding  | • Diabetes care                          |
| • Colostomy, urostomy, nephrostomy care | • Dental services                        |
| • Tracheostomy care, and                | • Vision care                            |
| Naso/pharyngeal suctioning              | • Wound care                             |
| • Beauty shop                           | • Lab services                           |
| • Community field trips                 | • Orthopedic rehab                       |
| • Daily activities calendar             | • Psychiatric services                   |
| • Religious services                    | • Incontinence care                      |
| • Movies                                | • Podiatric care                         |



# Branch Sites Classes

Basics of Computer Graphics classes will be held at the senior center in the computer lab on Tuesdays beginning September 13 – October 18 from 9:00 – 11:00am. Cost is \$30.00 payable to instructor, first day of class. In this class we will be using 2 free software packages. The GIMP for working with photo images, and Blender for working with video and 3-D images, animations, and video.

In the 2D portion of the class you will learn to: edit and enhance still images, colorize black/white images to restore damaged photos. In the 3D portion of the class you will learn how to: create 3D objects for still and animated objects, create animations, edit video and create titles for your videos. This course is designed for beginners and will prepare the participants for future more advanced classes. Please call the senior office to sign up starting August 12. Minimum of 5 participants for class to go.

Beginning Conversational Spanish classes will be held at the senior center on Tuesdays, September 13 – October 18 from 2:00 – 4:00pm in room 303. Cost is \$30.00 for members, \$40.00 for non-members payable to instructor first day of class. In these classes you will learn to say hello, goodbye, where's the restroom, where to eat, how to speak to people, question people when you are traveling or speaking to someone from a different culture. Minimum of 6 participants needed for class to go. Please call the senior center office and sign up by September 8.

Residential Electrical Code Classes will be held at the Senior Center in the cafeteria on Mondays beginning September 19 – November 7 from 6:00 – 8:00pm. Cost is \$75.00 per participant and can be paid at sign up that begins August 1 in the senior center office. Minimum of 5 participants for class to be held. This is an 8 week class. Instructor is Chris Ferrell, City code inspector. Class is based on 2011 NEC.

Piloxing exercise classes are offered at the senior center in room 302 on Tuesday and Friday at 9:30am. Piloxing is a combination of Pilates and kickboxing type of exercises that gives you a great cardio workout. Cost is free for members, \$2.00 non-members. Non-members can pay for 12 class sessions in the senior center office, we will give you a punch card that will be punched by the instructor for each class.

Violin Lessons, beginner level, group setting, convenient lessons times, no previous music training necessary. If you would be interested in learning how to play the violin, please

call the senior center office at 392-8400.

First Broad Street United Methodist Church

Yoga classes are offered at this branch site on Tuesdays and Thursdays in the recreation room on the second floor of the church. No sign up required. Fee is included with membership fee.

Core Yoga: done mostly on a mat. Includes breath, abdominal and arm strength building. Class is on Tuesday and Thursday from 11:00 -11:30am.

Yoga: includes standing poses and gentle movement for strength and flexibility, each class ends with relaxation. Class is on Tuesday and Thursday from 11:30am – 12:30pm.

George Washington Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

Friendship Manor Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

V.O. Dobbins: Total Body Workout, Monday and Wednesday 9:30am, in Gym #2. Starting June 1 the class will meet at the Senior Center in room 302 due to Kids Camp at V.O. Dobbins. Total Body workout consists of upper and lower body exercises that trims, tones and defines muscle and also gives you a good cardio workout. No sign up required.

Forest Ridge Manor Apartments: monthly activities such as bingo, birthday parties, special events, etc.

Kiwanis Towers Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

Colonial Heights Baptist Church: indoor walking on the upper level in the gym at the church. Please sign the attendance sheet that is provided at the church.

Aquatics Center: Lap swimming with your senior center membership card is free M-F, 8:00am – 11:00am and you will receive a 20% discount on swim class.

## Kingsport Senior Artisan Center Information

The Kingsport Senior Artisan Center is a consignment gallery of work crafted by regional artists age 50 and over. Our gallery contains a variety of items including handmade greeting cards, jewelry, pottery, and bath and body items. All items pass through a juried selection process for entry in the gallery. If you are interested in selling your art in the gallery, please submit photos via email along with a brief biography. The proceeds from all sales go directly to the artist, with a small portion benefitting programs at the Kingsport Senior Center.

A monthly Artist Breakfast will be held in the Artisan Center Gallery on the second Tuesday of each month at 10am. Gallery artists and potential artists/craftspeople are invited to attend.

Located in the Lynn View Community Center, our multi-level facility offers basketball, pickleball, indoor walking, weights and exercise equipment, a billiards room, group exercise, and a computer lab. Our Lounge features Wii Sports and there's always a fresh pot of coffee brewing! We are open Monday-Friday from 9am-2pm.

## Retirement. It's a totally different beast.™

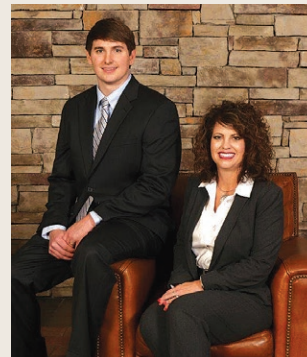
Future retirees will live longer than ever.

That means more time for a new career, cause or passion.

With Merrill Lynch, you'll be connected to an advisor and a company with a fresh perspective.

We'll help make your retirement as meaningful as everything before it.

### Life's better when we're connected®



#### Becky Frazier and Associates

**Becky Frazier, CFP®, ChFC®, CLU®**

Senior Vice President – Wealth Management  
Wealth Management Advisor  
423.782.2226 • rebecca.frazier@ml.com

#### Matthew J. Crowder

Financial Advisor  
423.782.2232 • matthew.crowder@ml.com

#### Merrill Lynch

7 Sheridan Square, Suite 110  
Kingsport, TN 37660  
fa.ml.com/rebecca.frazier



Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and Member SIPC, and other subsidiaries of Bank of America Corporation.

Investment products: **Are Not FDIC Insured** | **Are Not Bank Guaranteed** | **May Lose Value**

The Bull Symbol, Life's better when we're connected, Merrill Lynch and Retirement. It's a totally different beast are trademarks of Bank of America Corporation. Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP® in the U.S. ChFC® and Chartered Financial Consultant® are the property of The American College, which reserves the sole rights to its use, and is used by permission. The CLU® designation is a registered mark of The American College.

© 2016 Bank of America Corporation. All rights reserved. | ARKDPDL9 | AD-04-16-1278 | 471363PM-0715 | 04/2016

### Kingsport Senior Artisan Center

257 Walker Street • Kingsport, TN 37665 • 423.765.9047

Email: michelletolbert@kingsporttn.gov or hannahbaker@kingsporttn.gov



# Classes & Daily Activities

*\*Our Fall Class Session will start the week of August 29 and will end the week of November 21st.  
Please notice sign up dates listed for specific classes.*

## **Monday:**

**Lap Swimming: 8:00A.M.-11:00A.M. (Aquatics Center)**- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Silver Sneakers Classic: 8:15A.M. (Gym)**- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

**Basic Tai-Chi: 9:00A.M. (Room 310)(August 29 through November 21)**- Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

**Open Woodshop: 8:00A.M. to 2:00P.M. (Woodshop)**- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

**Quilting: 9:00A.M. (Room 303)**- is the process of sewing of two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment.

**High Impact Aerobics: 9:15A.M. (Gym)**- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility as you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Happy Day Singers: 9:45 A.M. (location varies)** This group meets at the Center and travels by bus to sing at a designated nursing home based on the schedule. They sing old-fashioned hymns from the "church hymnal" book and have a happy day start to Monday's.

**Beginning Clay: 10:00A.M. (Clay Room) (August 29 through November 21)** This class is designed for individuals who have never worked with clay before. In this class you will create hand-building projects. \*Sign up will begin on August 4th.

**Strength Training: 10:15A.M. (Gym)**- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Beginning Line Dance: 11:30A.M. (Gym) (August 29 through November 21)** is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. If you have never taken a line dance class then this class is for you.

**Intermediate Line Dance: 12:45P.M. (Gym) (August 29 through November 21)** This class is designed for individuals who have taken a line dance class.

**Knitting: 1:00P.M. (Room 303)** Knitting is the name of the craft that involves two needles and yarn or thread. Loops in the yarn are manipulated with the needles to make a knitted fabric. This class makes a variety of projects from hats and gloves to scarfs and blankets. This class is open to individuals of all expert levels.

**Mahjong: 2:00P.M. (Card Room)** Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed.

**Table Tennis: 2:00P.M. (Gym)**- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

**Volleyball: 4:00P.M. (Gym)**- A great full-body workout, with regular play will help improve your agility, overall flexibility, reaction time, speed and upper and lower body strength.

## **Tuesday:**

**Lap Swimming: 8:00A.M. (Aquatics Center)**- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.



**Zumba Fitness: 8:15 A.M. (Gym)**- Combines dance steps from various Latin dances into an aerobic routine. In addition to the calorie burning and aerobic workout, dance in general can improve balance and coordination, and calls upon you to use different muscles at varying speeds.

**Open Woodshop: 8:00A.M. -2:00P.M.(Woodshop)**- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

**Message Therapy: 9:00A.M. to 3:00P.M. (Multipurpose Room) (Appointment Only: Contact Cheryl Merriken at 791-4222, \$20 for ½ hour relaxation massage and \$25 for ½ hour deep tissue massage, fees paid to massage therapist day of massage)**

**Ceramics: 9:00A.M. (Ceramics Room)** In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

**Basket Weaving: 9:00A.M. (Room 303)** Basket weaving is the hand-crafted method of creating woven baskets from natural grasses. Basket weavers use many variations of several basic techniques that include coiling, twining, plaiting, and weaving to create endless varieties of baskets. This class is open to individuals of all expert levels.

**Strength Training: 9:30A.M. (Gym)**- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Renaissance Strings: 10:00A.M. (Atrium)** Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

**Sing Along: 10:15A.M. (Cafeteria)** Is a group of people who meet around the piano in the cafeteria and sing hymns out of the church hymnal. Everyone is welcome.

**Exercise for Everyone: 10:30A.M. (Gym)**- A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

**Beginner Dulcimer: 11:00A.M. (Atrium) (August 30 through November 22)** Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

**Shuffleboard: 1:00P.M. (Ceramics Hallway)**- All levels of experience are welcome, with tournaments held semi-annual.

**Pickleball: 1:00P.M. (Gym)**- A fun sport that combines many elements of tennis, badminton and table tennis. A paddle sport created for all ages and skill levels, and is easy for beginners to learn.

**Basketball: 4:00P.M. (Gym)**- Played alone or in groups, basketball can reduce stress.

**Rook: 4:00P.M. (Card Room)** Come and meet new people while playing Rook on Tuesdays. Please bring a snack to share with others.

**Karaoke: 4:00P.M. (Cafeteria)**- Karaoke will meet every 3rd Tuesday of the month. Please bring in a snack to share with everyone.

## **Wednesday:**

**Lap Swimming: 8:00A.M. (Aquatics Center)**- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Silver Sneakers Classic: 8:15A.M. (Gym)**- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

**Open Woodshop: 8:00A.M. to 2:00P.M. (Woodshop)**- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small.



# Daily Activities & Classes

**High Impact Aerobics: 9:15A.M. (Gym)**- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility as you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Intermediate Clay: 10:00A.M. (Clay Room) (August 31 through November 23)** This class is designed for individuals who have worked with clay before and who have previously taken our beginning clay class. In this class you will hand-build and use the pottery wheel. \*You may sign up for this class on August 4th.

**Strength Training: 10:15A.M. (Gym)**- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Intermediate Clogging: 11:15A.M. (Room 302) (August 31 through November 23)** If you have clogged in the past and want to renew the joy and fun of clogging then this is the class for you. It has challenging choreography and we welcome past cloggers and ones from the beginner class to move into this class.

**Hand & Foot Card Game: 12:30P.M. (Card Room)** Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesday's.

**Intermediate Belly Dancing: 1:00P.M. (Room 302) (August 31 through November 23)** All women are welcome to this class. However it is a huge help if you have some knowledge of belly dance. We do faster movements and more choreography. Come join us!

**Table Tennis: 1:00P.M. (Gym)**- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

**Basketball: 4:00P.M. (Gym)**- Played alone or in groups, basketball can reduce stress.

## Thursday:

**Lap Swimming: 8:00A.M. (Aquatics Center)**- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Zumba Fitness: 8:15A.M. (Gym)**- Combines dance steps from various Latin dances into an aerobic routine. In addition to the calorie burning and aerobic workout, dance in general can improve balance and coordination, and calls upon you to use different muscles at varying speeds.

**Bingo: 9:00A.M. (Cafeteria)**

**Ceramics: 9:00A.M.- (Ceramics Room)**- In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

**Woodcarving: 9:00A.M. (Room 303)**- In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

**Strength Training: 9:30A.M. (Gym)**- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Meditation: 9:30 A.M. (Room 306) (September 1 through November 24)** In this class you will practice and learn meditation techniques led by Lee Stone. Meditation has many benefits for senior citizens. Benefits include; Meditation helps memory, it helps the digestive system work better, it helps the digestive system, it sharpens and focuses the mind, and meditation melts away stress, yielding many great benefits. The class is \$5.00 per class.

**Beginning Clogging: 10:00A.M. (Room 302) (September 1 through November 24)** In this class you will learn the basic of clogging and some fun dances. This is a great cardio workout along with being fun and learning to dance.

**Bunco will be played every month on the second Thursday; the next one will be on Thursday, August 11 at 10:30A.M. in the Card Room.** Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets).

**Individual computer instruction available for \$15 per hour.**

**Please call to schedule a day and time.**

**Charles Harrell: 276-415-4891 Whitney Sensabaugh: 423-967-7428**

**Exercise for Everyone: 10:30A.M. (Gym)**- A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

**Intermediate Dulcimer: 11:00A.M. (Atrium)** This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

**Core and Posture Beginning Belly Dance: 11:30A.M. (Room 302) (September 1 through November 24)** This class is for women who are interested in improving their physical health. It is great for fibromyalgia, arthritis, and other muscles problems. You will learn body control and enjoy learning the belly dance movements and dances.

**Jam Session: 12:30P.M. (Cafeteria) (Held every 1st and 3rd Thursday of the Month)** Jam Session is a time to come listen to great live music, dance and socialize with new people.

**Volleyball: 1:00P.M. (Gym)**- A great full-body workout, with regular play will help improve your agility, overall flexibility, reaction time, speed and upper and lower body strength.

**Shuffleboard: 1:00P.M. (Ceramics Hallway)**- All levels of experience are welcome, with tournaments held semi-annual.

**Cornhole: 4:00P.M. (Gym)**- Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

## Friday:

**Lap Swimming: 8:00A.M. (Aquatics Center)**- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Silver Sneakers Classic: 8:15A.M. (Gym)**- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

**Tai Chi- 9:00A.M. (Room 310) (September 2 through November 25)** This class is designed for individuals who have taken a Tai-C hi class before.

**Genealogy Club: 9:00A.M. (Computer Lab)** Have you been interested about where your ancestors originated? Then this is the class for you. Join us for class and our instructors will help you discover the history of your ancestors.

**High Impact Aerobics: 9:15A.M. (Gym)**- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Strength Training: 10:15A.M. (Gym)**- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Pickleball: 1:00P.M. (Gym)**- A fun sport that combines many elements of tennis, badminton and table tennis. A paddle sport created for all ages and skill levels, and is easy for beginners to learn.

**Bridge Group: 1:00P.M. (Atrium)** This is a weekly group meeting of Bridge players. This is an intermediate level Bridge group. If interested please contact the front office.

**Basketball: 4:00P.M. (Gym)**- Played alone or in groups, basketball can reduce stress.

## Saturday:

**Basketball: 9:00A.M. (Gym)**- Played alone or in groups, basketball can reduce stress.

**Table Tennis: 10:30A.M. (Gym)**- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

Our next **S.M.I.L.E.** meeting will be on Thursday, August 11, 2016 at 2:00P.M. in room 239, this months refreshment sponsor and speaker is Theresa Bright with Bright star. S.M.I.L.E stands for Seniors Making Individual Lives Exciting. This is our volunteer program at the Kingsport Senior Center. If you are interested in volunteering please attend our next S.M.I.L.E meeting or call 392-8404. Volunteer duties include but are not limited to: meals on wheels, luncheons, welcome desk, parties, office duties, special events, and projects.

# Of course you'll want to keep your doctor when you enroll in a Medicare plan.

Choose a Humana plan that offers a network of local doctors and hospitals in your community.

## Humana knows that a familiar face is often the best medicine.

At Humana, we know that keeping your doctor is important to you. Our network includes a wide range of local doctors and hospitals to choose from, so you can continue to receive the care you want from the doctors you know and trust.

### At Humana, we offer:

- A variety of Medicare Advantage plan options
- More benefits than Original Medicare
- Coverage for hospital stays, doctor visits AND prescriptions



### To learn more, call toll-free:

**1-844-704-3203 (TTY: 711)**

Call a licensed sales agent 8 a.m. – 8 p.m., Monday – Friday

Español? 1-844-689-4784

# Humana®

Humana is a Medicare Advantage organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. Other providers are available in our network. For accommodation of persons with special needs at sales meetings, call Humana sales at 1-844-704-3203 (TTY: 711), 8 a.m. – 8 p.m., Monday – Friday. This information is available for free in other languages. Please contact a licensed Humana sales agent at 1-844-704-3203 (TTY: 711). Esta información está disponible gratuitamente en otros idiomas. Póngase en contacto con un agente de ventas certificado de Humana al 1-844-689-4784 (TTY: 711).